

Journey with Jesus

Praying through the Gospel of Mark

Station 18 - they went out



Lord, help me enter into that peace
which consists in
having put my life in your hands.

Carlo Maria Martini SJ



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- Find a place to sit quietly.
- Sit in a relaxed position
 - Become aware of your feet on the floor.
 - Notice your legs. Tense and relax your muscles. In the same way notice the rest of your body, bit by bit. Tense and relax.
 - Lastly focus on your face and head muscles. Tense and relax.
 - Scan your body.
 - Notice any points of remaining tension. Tense and relax.
 - Let any remaining tension go.
 - Come to a place of rest.
- Be aware of God's loving eyes watching over you.
- As we Journey with Jesus ask God for the grace to notice his presence with you in all things.



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➤ You might like to join in worship and respond to God, in this song, So Will I



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Read this passage from Mark chapter 6. What words or phrases strike you?

Then Jesus went around teaching from village to village. Calling the Twelve to him, he began to send them out two by two and gave them authority over impure spirits.

These were his instructions: “Take nothing for the journey except a staff—no bread, no bag, no money in your belts. Wear sandals but not an extra shirt. Whenever you enter a house, stay there until you leave that town. And if any place will not welcome you or listen to you, leave that place and shake the dust off your feet as a testimony against them.”

They went out and preached that people should repent. They drove out many demons and anointed many sick people with oil and healed them.



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Read these words from Mark chapter 6 again slowly.
Stay with one of the words or phrases that catches you and hold it in the stillness before God.

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What thoughts, feelings and images have emerged in this time of prayer?

How has the Spirit been at work in your heart as you have prayed?

What is God's invitation to you at this time
How is he sending you out?
How is he asking you to stay?

You might like to jot down what has emerged from your prayer time in a journal.



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➤ You might like to listen to Ladysmith
Black Mambazo sing
The Lord is Light and Truth.



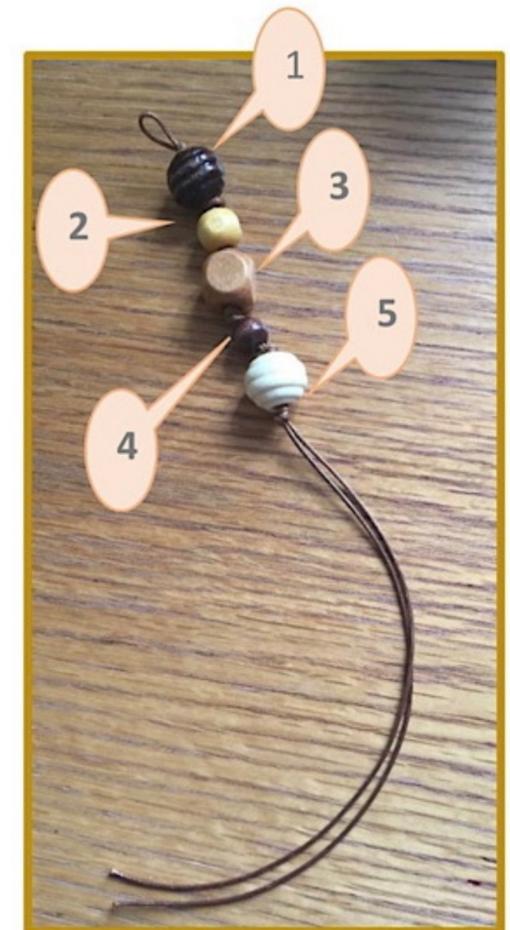
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Creative prayer

Write a collect

- A collect is a type of prayer used in the Church of England.
- It has a particular five part structure:
 1. It is addressed to God, often using one of his names.
 2. It is then followed by a truth about the nature of God that relates to the prayer.
 3. It then has the request being asked for.
 4. The reasons or hope for what will happen if the request is granted follows.
 5. The prayer is asked in Jesus' name.
- You might like to try and write a collect based on today's prayer station.
- You might like to make some collect prayer beads.

1. Creator God
2. You are light and truth
3. Help us to to respond to your call.
To go when you ask us to go. To
stay when you ask us to stay.
4. So that people see your light and
respond in faith to your truth
5. In the name of Jesus the light of
the world. Amen



Journey with Jesus

A series of prayer stations
based on the gospel of Mark.



Thanks to Adrian Chatfield for the photograph of The Way of Life taken at Ely Cathedral.